Meals at home

What is a ‘Meals at home’ service?

If you are finding it difficult to prepare your own meals you may want to think about having hot meals delivered to your home, this is called meals at home or meals on wheels. Some council’s have their own meals at home service or it may be arranged through another organisation.

If you get care or support from someone else, getting meals at home can free up their time and they can help with other tasks.

Newcastle City Council is one of many organisations who provide a ‘Meals at home’ service.

Newcastle Council Meals at Home service

The Newcastle City Council ‘Meals at home’ service provides hot healthy meals delivered to your door. They will give you meals suited to your cultural and dietary needs.

You can receive meals on a long term, short term or emergency basis, every day. all year round. All the meals are cooked from fresh ingredients on the day you get them. They can cater for a wide variety of dietary needs including:

- vegetarian
- gluten free
- soft and pureed
- reduced sugar

If you have a special dietary need allergy or intolerance, please contact them.

All the meals are produced to the **Caroline Walker National Guidelines**. so that they are nutritionally balanced.

Drivers are trained in awareness of age related illnesses and the importance of nutrition and they also receive a DBS check. They will arrange to contact a family member or friend or the doctor if they are concerned for your wellbeing.

The service can also provide meals to residential accommodation, lunch clubs and day centres.

Anyone can buy Meals at Home, **contact Meals at Home service** for more information on meal choices and how to buy the meals.

Other organisations that provide meals at home

CareHub offer a local service to older people who need extra help around the home with a Meals at Home Service.

Oakhouse Foods offer over 300 frozen meals which can be ordered on a flexible basis. You can order by telephone or online. Contact them for a free brochure.

Wiltshire Farm Foods have over 300 dishes, which you can order on a flexible basis. They can cater for many different dietary requirements. Meals arrive frozen, in sturdy plastic trays, ready to put in the freezer.

COOK food offer a range of freshly made frozen meals that can be delivered to you at home. You can subscribe or order on a flexible basis. They offer discounts for new parents, community kitchens, community meal events, kids meals.

Parsley Box offer a range of freshly made meals that can be delivered to you at home and kept in the cupboard. Their meals do not be stored in a fridge or freezer. You can subscribe or order on a flexible basis.

The Cedarwood Trust NOURISH meals service offer meals at home for residents in North Tyneside. For orders over £25 neighbouring areas in Newcastle can be considered.

Food delivery and online shopping

Other ways to get food delivered at home are:

Help with shopping services are available locally. They can collect you from home and take you to the local supermarket.

Order your food shopping and prescriptions online and choose a range of fresh or frozen meals from one of the many supermarkets that offer home delivery.

Shopmobility

Newcastle Shopmobility provides battery-powered scooters and wheelchairs for people with mobility issues. This gives you freedom and independence to travel around the city centre; to shop or to use the range of attractions that are available in Newcastle, including Eldon Square, Eldon Gardens, part of Northumberland Street and the Grainger Market. To use the service you need to register as a member.

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Useful Organisations

Oakhouse Foods

Email: N.East@oakhousefoods.co.uk

Website: www.oakhousefoods.co.uk

Telephone: 01642 221 112

Address: Unit 21/22 Collingwood Court, TS2 1RP

Meals at Home – Newcastle City Council service

Email: meals@newcastle.gov.uk

Website: https://new.newcastle.gov.uk/adult-social-care/help-live-home/meals-home-service

Telephone: 0191 277 3978

Address: Adult Services Directorate, NE1 8PB

Wiltshire Farm Foods Ltd

Email: newcastle@wiltshirefarmfoods.co.uk

Website: www.wiltshirefarmfoods.co.uk

Telephone: 01670 511 070

Address: Unit 4B, Coopies Field, NE61 6JT

CareHub

Email: info@fergusonlodge.co.uk

Website: https://www.care-hub.co.uk/

Telephone: 0191 267 0582

Address: Ferguson Lane, NE15 7PL

ParsleyBox

Website: https://www.parsleybox.com/

Telephone: 0131 326 0131

Address: Parsley Box Ltd , EH4 2HS

COOK food

Website: http://www.cookfood.net/

Telephone: 01732759020

Address: The COOK Kitchen , ME10 3HH

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